



JUNE 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	26	27	28	29
30						



JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	24	25	26	27
28	29	30	31			



AUGUST 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)		Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.		1	2	3
	4	5	6	7	8	9
	11	12	13	14	15	16
	18	19	20	21	22	23
	25	26	27	28	29	30
		Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)				31